

Full Report (All Nutrients) 01002, Butter, whipped, with salt

Report Date: June 22, 2017 12:15 EDT

Nutrient values and weights are for edible portion.

Food Group : Dairy and Egg Products

Nitrogen to Protein Conversion Factor:6.38

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 pat (1" sq, 1/3" high) 3.8g | 1 tbsp 9.4g | 1 cup 151g | 1 stick 76g |
|---|------|---------------------|----------------|---------------|----------------------------------|----------------|---------------|----------------|
| Proximates | | | | | | | | |
| Water 1 | g | 16.72 | 9 | 0.053 | 0.64 | 1.57 | 25.25 | 12.71 |
| Energy | kcal | 718 | -- | -- | 27 | 67 | 1084 | 546 |
| Energy | kJ | 3005 | -- | -- | 114 | 282 | 4538 | 2284 |
| Protein 1 | g | 0.49 | 9 | 0.008 | 0.02 | 0.05 | 0.74 | 0.37 |
| Total lipid (fat) 1 | g | 78.30 | 9 | 0.228 | 2.98 | 7.36 | 118.23 | 59.51 |
| Ash 1 | g | 1.62 | 9 | 0.026 | 0.06 | 0.15 | 2.45 | 1.23 |
| Carbohydrate, by difference | g | 2.87 | -- | -- | 0.11 | 0.27 | 4.33 | 2.18 |
| Fiber, total dietary | g | 0.0 | -- | -- | 0.0 | 0.0 | 0.0 | 0.0 |
| Sugars, total | g | 0.06 | -- | -- | 0.00 | 0.01 | 0.09 | 0.05 |
| Minerals | | | | | | | | |
| Calcium, Ca 1 | mg | 23 | 9 | 0.362 | 1 | 2 | 35 | 17 |
| Iron, Fe 1 | mg | 0.05 | 8 | 0.003 | 0.00 | 0.00 | 0.08 | 0.04 |
| Magnesium, Mg 1 | mg | 1 | 9 | 0.022 | 0 | 0 | 2 | 1 |
| Phosphorus, P 1 | mg | 24 | 9 | 0.252 | 1 | 2 | 36 | 18 |
| Potassium, K 1 | mg | 41 | 9 | 1.498 | 2 | 4 | 62 | 31 |
| Sodium, Na 1 | mg | 583 | 9 | 8.719 | 22 | 55 | 880 | 443 |
| Zinc, Zn 1 | mg | 0.05 | 9 | 0.002 | 0.00 | 0.00 | 0.08 | 0.04 |
| Copper, Cu 1 | mg | 0.010 | 9 | 0.001 | 0.000 | 0.001 | 0.015 | 0.008 |
| Manganese, Mn 1 | mg | 0.001 | 9 | 0.000 | 0.000 | 0.000 | 0.002 | 0.001 |
| Selenium, Se 1 | µg | 0.0 | 6 | 0.000 | 0.0 | 0.0 | 0.0 | 0.0 |
| Fluoride, F 2 3 4 | µg | 2.8 | 19 | 0.674 | 0.1 | 0.3 | 4.2 | 2.1 |

Vitamins

| Nutrient | Unit | 1 Value Per100 g | Data points | Std. Error | 1 pat (1" sq, 1/3" high) 3.8g | 1 tbsp 9.4g | 1 cup 151g | 1 stick 76g |
|--|------|------------------|-------------|------------|-------------------------------|-------------|------------|-------------|
| Vitamin C, total ascorbic acid | mg | 0.0 | -- | -- | 0.0 | 0.0 | 0.0 | 0.0 |
| Thiamin 1 | mg | 0.007 | 6 | 0.000 | 0.000 | 0.001 | 0.011 | 0.005 |
| Riboflavin 1 | mg | 0.064 | 6 | 0.019 | 0.002 | 0.006 | 0.097 | 0.049 |
| Niacin 1 | mg | 0.022 | 6 | 0.000 | 0.001 | 0.002 | 0.033 | 0.017 |
| Pantothenic acid 1 | mg | 0.097 | 4 | 0.000 | 0.004 | 0.009 | 0.146 | 0.074 |
| Vitamin B-6 1 | mg | 0.008 | 6 | 0.000 | 0.000 | 0.001 | 0.012 | 0.006 |
| Folate, total 1 | µg | 4 | 2 | -- | 0 | 0 | 6 | 3 |
| Folic acid | µg | 0 | -- | -- | 0 | 0 | 0 | 0 |
| Folate, food | µg | 4 | 2 | -- | 0 | 0 | 6 | 3 |
| Folate, DFE | µg | 4 | -- | -- | 0 | 0 | 6 | 3 |
| Choline, total 5 | mg | 18.8 | -- | -- | 0.7 | 1.8 | 28.4 | 14.3 |
| Betaine 5 | mg | 0.3 | 1 | -- | 0.0 | 0.0 | 0.5 | 0.2 |
| Vitamin B-12 1 | µg | 0.07 | 6 | 0.000 | 0.00 | 0.01 | 0.11 | 0.05 |
| Vitamin B-12, added | µg | 0.00 | -- | -- | 0.00 | 0.00 | 0.00 | 0.00 |
| Vitamin A, RAE | µg | 683 | -- | -- | 26 | 64 | 1031 | 519 |
| Retinol 1 | µg | 671 | 4 | 20.908 | 25 | 63 | 1013 | 510 |
| Carotene, beta 1 | µg | 135 | 4 | 8.550 | 5 | 13 | 204 | 103 |
| Carotene, alpha 1 | µg | 1 | 4 | 0.718 | 0 | 0 | 2 | 1 |
| Cryptoxanthin, beta 1 | µg | 6 | 4 | 0.658 | 0 | 1 | 9 | 5 |
| Vitamin A, IU | IU | 2468 | -- | -- | 94 | 232 | 3727 | 1876 |
| Lycopene 1 | µg | 0 | 4 | 0.000 | 0 | 0 | 0 | 0 |
| Lutein + zeaxanthin 1 | µg | 13 | 4 | 1.954 | 0 | 1 | 20 | 10 |
| Vitamin E (alpha-tocopherol) 1 | mg | 1.37 | 6 | 0.101 | 0.05 | 0.13 | 2.07 | 1.04 |
| Vitamin E, added | mg | 0.00 | -- | -- | 0.00 | 0.00 | 0.00 | 0.00 |
| Tocopherol, beta 1 | mg | 0.07 | 6 | 0.008 | 0.00 | 0.01 | 0.11 | 0.05 |
| Tocopherol, gamma 1 | mg | 0.08 | 6 | 0.028 | 0.00 | 0.01 | 0.12 | 0.06 |
| Tocopherol, delta 1 | mg | 0.00 | 6 | 0.000 | 0.00 | 0.00 | 0.00 | 0.00 |
| Vitamin D (D2 + D3) | µg | 0.0 | 2 | -- | 0.0 | 0.0 | 0.0 | 0.0 |
| Vitamin D2 (ergocalciferol) 1 | µg | 0.0 | 2 | -- | 0.0 | 0.0 | 0.0 | 0.0 |
| Vitamin D3 (cholecalciferol) 1 | µg | 0.0 | 2 | -- | 0.0 | 0.0 | 0.0 | 0.0 |
| Vitamin D | IU | 0 | -- | -- | 0 | 0 | 0 | 0 |
| Vitamin K (phylloquinone) 1 | µg | 4.6 | 4 | 0.024 | 0.2 | 0.4 | 6.9 | 3.5 |

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|---|------|------------------|-------------|------------|-------------------------------|-------------|------------|-------------|
| Lipids | | | | | | | | |
| Fatty acids, total saturated | g | 45.390 | -- | -- | 1.725 | 4.267 | 68.539 | 34.496 |
| 4:0 1 | g | 1.635 | 9 | 0.005 | 0.062 | 0.154 | 2.469 | 1.243 |
| 6:0 1 | g | 1.373 | 9 | 0.004 | 0.052 | 0.129 | 2.073 | 1.043 |
| 8:0 1 | g | 0.858 | 9 | 0.005 | 0.033 | 0.081 | 1.296 | 0.652 |
| 10:0 1 | g | 2.039 | 9 | 0.016 | 0.077 | 0.192 | 3.079 | 1.550 |
| 12:0 1 | g | 2.354 | 9 | 0.019 | 0.089 | 0.221 | 3.555 | 1.789 |
| 14:0 1 | g | 7.515 | 9 | 0.034 | 0.286 | 0.706 | 11.348 | 5.711 |
| 15:0 1 | g | 0.801 | 9 | 0.009 | 0.030 | 0.075 | 1.210 | 0.609 |
| 16:0 1 | g | 20.531 | 9 | 0.139 | 0.780 | 1.930 | 31.002 | 15.604 |
| 17:0 1 | g | 0.476 | 9 | 0.004 | 0.018 | 0.045 | 0.719 | 0.362 |
| 18:0 1 | g | 7.649 | 9 | 0.098 | 0.291 | 0.719 | 11.550 | 5.813 |
| 20:0 1 | g | 0.106 | 9 | 0.002 | 0.004 | 0.010 | 0.160 | 0.081 |
| 22:0 1 | g | 0.032 | 9 | 0.003 | 0.001 | 0.003 | 0.048 | 0.024 |
| 24:0 1 | g | 0.021 | 9 | 0.000 | 0.001 | 0.002 | 0.032 | 0.016 |
| Fatty acids, total monounsaturated | g | 19.874 | -- | -- | 0.755 | 1.868 | 30.010 | 15.104 |
| 14:1 1 | g | 0.781 | 9 | 0.012 | 0.030 | 0.073 | 1.179 | 0.594 |
| 15:1 1 | g | 0.000 | 9 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 |
| 16:1 undifferentiated 1 | g | 1.417 | 9 | 0.028 | 0.054 | 0.133 | 2.140 | 1.077 |
| 16:1 c 1 | g | 1.170 | 9 | 0.029 | 0.044 | 0.110 | 1.767 | 0.889 |
| 16:1 t 1 | g | 0.246 | 9 | 0.004 | 0.009 | 0.023 | 0.371 | 0.187 |
| 17:1 1 | g | 0.152 | 9 | 0.003 | 0.006 | 0.014 | 0.230 | 0.116 |
| 18:1 undifferentiated 1 | g | 17.370 | 9 | 0.130 | 0.660 | 1.633 | 26.229 | 13.201 |
| 18:1 c 1 | g | 15.459 | 9 | 0.100 | 0.587 | 1.453 | 23.343 | 11.749 |
| 18:1 t 1 | g | 1.911 | 9 | 0.035 | 0.073 | 0.180 | 2.886 | 1.452 |
| 20:1 1 | g | 0.147 | 9 | 0.002 | 0.006 | 0.014 | 0.222 | 0.112 |
| 22:1 undifferentiated 1 | g | 0.005 | 9 | 0.000 | 0.000 | 0.000 | 0.008 | 0.004 |
| 22:1 c 1 | g | 0.005 | 9 | 0.000 | 0.000 | 0.000 | 0.008 | 0.004 |
| 22:1 t 1 | g | 0.000 | 9 | 0.000 | 0.000 | 0.000 | 0.000 | 0.000 |
| 24:1 c 1 | g | 0.002 | 9 | 0.000 | 0.000 | 0.000 | 0.003 | 0.002 |
| Fatty acids, total polyunsaturated | g | 3.331 | -- | -- | 0.127 | 0.313 | 5.030 | 2.532 |
| 18:2 undifferentiated 1 | g | 2.713 | 9 | 0.045 | 0.103 | 0.255 | 4.097 | 2.062 |

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|--|------|------------------|-------------|------------|-------------------------------|-------------|------------|-------------|
| 18:2 n-6 c,c 1 | g | 1.798 | 9 | 0.036 | 0.068 | 0.169 | 2.715 | 1.366 |
| 18:2 CLAs 1 | g | 0.413 | 9 | 0.007 | 0.016 | 0.039 | 0.624 | 0.314 |
| 18:2 t not further defined 1 | g | 0.503 | 9 | 0.009 | 0.019 | 0.047 | 0.760 | 0.382 |
| 18:3 undifferentiated 1 | g | 0.298 | 9 | 0.003 | 0.011 | 0.028 | 0.450 | 0.226 |
| 18:3 n-3 c,c,c (ALA) 1 | g | 0.285 | 9 | 0.003 | 0.011 | 0.027 | 0.430 | 0.217 |
| 18:3 n-6 c,c,c 1 | g | 0.005 | 9 | 0.001 | 0.000 | 0.000 | 0.008 | 0.004 |
| 18:3i 1 | g | 0.008 | 9 | 0.001 | 0.000 | 0.001 | 0.012 | 0.006 |
| 18:4 1 | g | 0.003 | 9 | 0.002 | 0.000 | 0.000 | 0.005 | 0.002 |
| 20:2 n-6 c,c 1 | g | 0.016 | 9 | 0.000 | 0.001 | 0.002 | 0.024 | 0.012 |
| 20:3 undifferentiated 1 | g | 0.086 | 9 | 0.001 | 0.003 | 0.008 | 0.130 | 0.065 |
| 20:3 n-6 1 | g | 0.081 | 9 | 0.001 | 0.003 | 0.008 | 0.122 | 0.062 |
| 20:4 undifferentiated 1 | g | 0.119 | 9 | 0.002 | 0.005 | 0.011 | 0.180 | 0.090 |
| 20:5 n-3 (EPA) 1 | g | 0.022 | 9 | 0.001 | 0.001 | 0.002 | 0.033 | 0.017 |
| 22:4 1 | g | 0.020 | 9 | 0.001 | 0.001 | 0.002 | 0.030 | 0.015 |
| 22:5 n-3 (DPA) 1 | g | 0.045 | 9 | 0.000 | 0.002 | 0.004 | 0.068 | 0.034 |
| 22:6 n-3 (DHA) 1 | g | 0.003 | 9 | 0.000 | 0.000 | 0.000 | 0.005 | 0.002 |
| Fatty acids, total trans | g | 2.669 | -- | -- | 0.101 | 0.251 | 4.030 | 2.028 |
| Fatty acids, total trans-monoenoic | g | 2.157 | -- | -- | 0.082 | 0.203 | 3.257 | 1.639 |
| Cholesterol 1 | mg | 225 | 6 | 0.495 | 9 | 21 | 340 | 171 |
| Amino Acids | | | | | | | | |
| Tryptophan | g | 0.012 | -- | -- | 0.000 | 0.001 | 0.018 | 0.009 |
| Threonine | g | 0.038 | -- | -- | 0.001 | 0.004 | 0.057 | 0.029 |
| Isoleucine | g | 0.051 | -- | -- | 0.002 | 0.005 | 0.077 | 0.039 |
| Leucine | g | 0.083 | -- | -- | 0.003 | 0.008 | 0.125 | 0.063 |
| Lysine | g | 0.067 | -- | -- | 0.003 | 0.006 | 0.101 | 0.051 |
| Methionine | g | 0.021 | -- | -- | 0.001 | 0.002 | 0.032 | 0.016 |
| Cystine | g | 0.008 | -- | -- | 0.000 | 0.001 | 0.012 | 0.006 |
| Phenylalanine | g | 0.041 | -- | -- | 0.002 | 0.004 | 0.062 | 0.031 |
| Tyrosine | g | 0.041 | -- | -- | 0.002 | 0.004 | 0.062 | 0.031 |
| Valine | g | 0.057 | -- | -- | 0.002 | 0.005 | 0.086 | 0.043 |
| Arginine | g | 0.031 | -- | -- | 0.001 | 0.003 | 0.047 | 0.024 |
| Histidine | g | 0.023 | -- | -- | 0.001 | 0.002 | 0.035 | 0.017 |
| Alanine | g | 0.029 | -- | -- | 0.001 | 0.003 | 0.044 | 0.022 |

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|----------------|------|------------------|-------------|------------|-------------------------------|-------------|------------|-------------|
| Aspartic acid | g | 0.064 | -- | -- | 0.002 | 0.006 | 0.097 | 0.049 |
| Glutamic acid | g | 0.178 | -- | -- | 0.007 | 0.017 | 0.269 | 0.135 |
| Glycine | g | 0.018 | -- | -- | 0.001 | 0.002 | 0.027 | 0.014 |
| Proline | g | 0.082 | -- | -- | 0.003 | 0.008 | 0.124 | 0.062 |
| Serine | g | 0.046 | -- | -- | 0.002 | 0.004 | 0.069 | 0.035 |
| Other | | | | | | | | |
| Alcohol, ethyl | g | 0.0 | -- | -- | 0.0 | 0.0 | 0.0 | 0.0 |
| Caffeine | mg | 0 | -- | -- | 0 | 0 | 0 | 0 |
| Theobromine | mg | 0 | -- | -- | 0 | 0 | 0 | 0 |

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 18c, 2014 Beltsville MD

²Donald Taves Dietary Intake of Fluoride Ashed (total fluoride) v. Unashed (inorganic fluoride) Analysis of Individual Foods, 1983 British Journal of Nutrition 49 pp.295-301

³Robert Ophaug Fluoride, Unpublished - Ophaug, Microdiffision

⁴A. Kingman Unpublished data. NIDR/NIH, 1984, 1984 Unpublished data. NIDR/NIH, 1984.

⁵Nutrient Data Laboratory, ARS, USDA Choline Study, Local pickup UNC, NFNAP, 2003 Beltsville MD